



Policy: 2500
Procedure: 2500.01
Chapter: Food Services
Rule: Wellness

Effective: 08/11/06
Replaces: N/A
Dated: N/A

Purpose:

The Arizona Department of Juvenile Corrections (ADJC) is committed to providing a school environment that enhances learning and development of lifelong wellness practices. ADJC supports a school environment that encourages and models nutritious eating habits and physical activity, which promote academic success and lifelong health for our students, staff and community. ADJC personnel shall role model healthy activity and nutrition.

A healthy school environment goes beyond school meals in the cafeteria. A healthy lifestyle includes maintaining a healthy weight, requires a combination of nutritious meals and the appropriate amount of physical activity. All foods made available on the school campus should offer an optimal level of nutrition and physical activity should be incorporated into the school day. A healthy, physically active juvenile is more likely to be academically successful.

Rules:

1. **ADJC shall:**
 - a. Ensure that Child Nutrition Programs comply with federal, state and local requirements and that Child Nutrition Programs are accessible to all juveniles;
 - b. Promote health and nutrition education in all academic areas at all sites;
 - c. Ensure that all site-based activities are consistent with Department wellness policy and goals;
 - d. Ensure that all foods and beverages made available on campus during the school day are consistent with the Arizona Nutrition Standards, National Commission on Correctional Health Care (NCCHC) standards, Section Y-F-02, compliance indicator 4.A, and American Correctional Association (ACA) standards;
 - e. Ensure that all foods made available on campus (including site sponsored events) adhere to food safety, sanitation and security guidelines;
 - f. Establish a plan for measuring implementation of the local wellness policy, including wellness criteria in secure facility Quality Assurance (QA) audits.
2. **Nutrition and Nutrition Education:**
 - a. **ADJC** recognizes that:
 - i. To achieve full academic potential, physical and mental growth, and life long well-being, students must develop healthy eating habits;
 - ii. Healthy meals provide energy and nutrients needed for sound minds and bodies;
 - iii. Juveniles who are not well nourished have difficulty learning.
 - b. **ADJC** shall offer a variety of healthy foods in school meal programs which allows juveniles to:
 - i. Learn to enjoy different foods; and
 - ii. Develop healthy eating habits.
 - c. **ADJC** shall develop menus which meet the Federal and State nutrition standards, featuring a variety of healthy choices;
 - d. **ADJC** shall ensure that juveniles start each day with a healthy breakfast;
 - e. **ADJC** shall establish a lunchroom environment that is a place where students have:
 - i. An attractive and adequate space to eat;
 - ii. Adequate time for meals;
 - iii. Available drinking water;
 - iv. A climate where healthy eating habits are established.

- f. **ADJC** shall integrate nutrition education into other areas of the curriculum such as math, science, language arts, and social studies;
- g. **HEALTH CLASS TEACHERS** shall address subjects such as sun safety, eating disorders, and health problems affected by nutrition;
- h. **ADJC** shall utilize the services of qualified nutrition professionals who specialize in school-based nutrition to support the effort to implement nutrition education;
- i. **ADJC** shall ensure that all foods made available on site comply with the current USDA Dietary Guidelines for Americans and at school sponsored events;
- j. **ADJC** shall give consideration to non-food items as part of any teacher-to-student incentive programs. Should school staff use food as recognition for student accomplishment, low sugar, low fat good food items are recommended.
- k. **ADJC** shall stock:
 - i. All beverage vending machines with healthier drink alternatives, including water;
 - ii. Snack vending machines with healthy choices such as trail mix, pretzels, granola bars, baked chips, and other low fat, low sodium snacks.
- l. **ADJC** shall continue to ensure that vending machines are not available to juveniles at meal times when school is in session.

3. Physical Activity:

- a. **ADJC** shall:
 - i. Ensure that physical education and physical activity are an essential element of each school's instructional program;
 - ii. Ensure that the program provides the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity;
 - iii. Provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted;
 - iv. Integrate physical activity across curricula and throughout the day;
 - v. Include movement as a part of science, math, social studies, and language arts.
- b. **ADJC** shall offer physical education courses in an environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
- c. **ADJC** shall design the physical education program which:
 - i. Stresses physical fitness;
 - ii. Encourages healthy, active lifestyles;
 - iii. Includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity;
 - iv. Include after-school and weekend programs that encourage physical activity and healthy habit formation;
 - v. Consists of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students.
- d. **ADJC** shall:
 - i. Employ state-certified physical education instructors to oversee the teaching of all physical education classes; and
 - ii. Ensure that physical education classes have a student/teacher ratio similar to other classes;
 - iii. Allot time for physical activity consistent with research, national, and state standards.
 - iv. Encourage organized physical activity during the day;
 - v. Ensure adequate equipment is available for all students to participate in physical education;
 - vi. Ensure physical activity facilities on school grounds will be safe.
- e. **ADJC** shall ensure that physical activity participation takes into consideration the "balancing equation" of food intake and physical activity;
- f. **ADJC** shall provide information to families in writing and also on the ADJC Internet site to help them incorporate physical activity into their family life;

- g. **ADJC** shall ensure that:
 - i. Promotional activities are limited to programs that are requested by school officials to support teaching and learning;
 - ii. All promotional activities in schools are connected to activities that:
 - (1) Encourage physical activity, academic achievement, or positive youth development; and
 - (2) Are in compliance with local guidelines.
- 4. **Other ADJC Activities:**
 - a. **ADJC** shall demonstrate support for health of all students by:
 - i. Hosting health clinics and/or health information forums;
 - ii. Arranging health screenings; and
 - iii. Helping to enroll eligible children in Medicaid and other state children's health insurance programs.
 - iv. Provide follow-up nutritional counseling when juveniles refuse prescribed diets.
 - b. The **ADJC SCHOOL DISTRICT** shall organize a wellness committee comprised of families, teachers, administrators, and students to plan and implement the School Wellness Policy;
 - c. The **ADJC SCHOOL DISTRICT** shall have a written and up-to-date Crisis Response Plan;
 - d. **ADJC** shall provide to juveniles convenient access to hand-washing facilities before meals.

Effective Date:	Approved by Process Owner:	Review Date:	Reviewed By:
08/07/06	Judith Lanphar		